

Challenging Behavior

For Teachers



Examples of
challenging
behaviors may
include excessive:

Tantrums
Hitting
Biting
Yelling
Anger
Ignoring
Defying rules

What are challenging behaviors?

Challenging behaviors are patterns of behaviors that interfere with a child's learning, development, play, or positive interactions with others.

Challenging behaviors can be caused by physical illness, lack of sleep, changes in daily life, environmental stressors, feeling unsafe, or delayed emotional and social development.

What we believe is challenging behavior is based on our own opinions. This means that what one person sees as a challenging behavior, another person may not. It is important to also know that sometimes challenging behaviors are developmentally appropriate.

Protective Factors

There are protective factors necessary for maintaining good resiliency. Resiliency is the ability to cope with life's stressors. Resilient children have good problem-solving skills, positive self-esteem, and a sense of purpose.

Adult caregivers can support children in increasing resilience by:

- Providing the child with love, time, and commitment. This will increase their ability to establish and maintain healthy relationships.
- Creating routines and rituals. This will increase your child's ability to self regulate and control their behaviors.
- Showing children how to ask for help and play with peers. We also want to help children learn the words to talk about their feelings.

Why do challenging moments exist?

Behaviors are often a reaction to a person's environment and interactions with other people in that environment. Behavior is not only just affected by what someone is experiencing here and now, it can also be influenced by a person's biological make-up or psychosocial factors



As a teacher and adult caregiver, it is important you have support. We are here to support you!

Come to parent trainings provided by our team of Early Childhood Mental Health Constants.

Ask your school if there is an upcoming training or contact us: ecmchc@dhha.org

